



TANAKA
CHIROPRACTIC MISSIONS

NEWSLETTER
VOLUME # 10



OUR VISION

The goal of this mission is to bring high quality chiropractic care to the people of underserved areas.

It is not a vacation. (If you want a vacation, arrive early or stay late and do it on your own time.)

This year we will be in the CITY of **Antigua and Esquintla**. It is close to where we will be staying in Antigua, Guatemala.

WHAT YOU NEED

Current passport

Portable adjusting table

Instrument (scope, marking pencil, etc)

FINISH READING ON PG. 2



PARTICIPANTS

We have a maximum capacity of 4-8 dedicated chiropractors to join us on this trip! Applications are found on our website at www.tanakachiropracticmissions.org. The deadline for application acceptance is October 9th.

FINISH READING ON PG. 2



APPROXIMATE EXPENSES

Airfare is primary expense

Meals on rest days

Personal souvenirs/snacks/supplies

FINISH READING ON PG 3.





THINGS TO KNOW

before you go

WHAT YOU NEED:

Current passport: You need a current passport—If you have a passport, check the expiration date (renew it if it expires less than 6 months before the mission)

Portable adjusting table: Make certain that it doesn't exceed 62 linear inches (with + length + depth) when packed (if you order an Astralite, tell them it's for a mission and they will give you a discount.) This is in order to avoid the extra airline fee.

Instrumentation/additional supplies: Nervoscope, skin marking pencil, face paper, and baby wipes will all be useful to pack. A grip pad is also recommended to pack to aid in preventing table slipping while working.

PARTICIPANTS:

We are currently looking for 4-8 dedicated chiropractors. Contact us via email, info@tanakachiromissions.org or find our application online on our website. Deadline for application is OCT 9th 2022. There is a nonrefundable application fee of \$25 and a separate participation fee of \$800.





Wherever
you **GO**,
go with all
your
HEART.
-Confucius

The Extras

What is and isn't covered in expenses for the trip

Airfare is the primary expense. We don't do group flights, so you will need to make your own reservations. Airlines that go to Guatemala include: Volaris, Avianca/TACA/LACSA, Continental, United, and Delta. We **do require** you to book flights that arrive before 12pm on Friday ([January 6th 2023](#)) and depart from Guatemala after 3pm on Saturday ([January 14th, 2023](#)). If you watch fares closely, you may get it for ~\$450. If you cannot arrive by Friday at 10am, it is best to consider arriving Thursday as the travel arrangements for pick up will be at that time. Similarly, if you can only find a flight that departs Sunday in the morning or before 12pm, consider leaving on Monday, the next day. Generally flights that arrive later at night are not advised for safety.

If you must stay in Guatemala city due to arrival or departure times, you are responsible for those hotel/guest house accommodations. The rates will vary. We have certain locations that we can recommend that are very affordable.

The participation fee covers for hotel stay during the week, meals during the work week (Monday through Friday). Weekend excursions, weekend meals, additional snacks and drinks, and souvenirs are at your own cost. We recommend bringing petty cash of \$200-300 USD, at your discretion. The current exchange rate is **7.79** quetzals to 1 US dollar.

Safety is a concern in all countries, including the US. Guatemala is no exception. It has emerged from a long, devastating, and brutal civil war that began with a CIA-sponsored coup in the 1950s and ended in 1990s. The crime rate is high as a result of extreme poverty, racism, political and class unrest, and high unemployment. Tropical diseases sometimes occur ie. GI tract disorders from unfamiliar food, altitude sickness, etc. We **HIGHLY RECOMMEND** traveler's insurance for international travel. Please email us with any questions! info@tanakachiromissions.org

